

November 2019

# Carver Council on Aging

## What's Inside for November

### "Getting Older & Having Fun"

Monday, November 4th at 10:30 am

Join Chaplain Ken Hart of Compassionate Care Hospice for an inspiring talk to lighten your load and lift you up! Drop-in.

### Sing-Along SINGO!

Monday, November 4th at 12:00 noon

Listen and sing along to your favorite music and win fun prizes! Join us for lunch at 11:45 am and stay for Singo! Drop-in.

### Six-Week Grief Support Group

Facilitated by Chaplain Ken Hart of Compassionate Care Hospice

Beginning Tuesday, November 5th at 1:00 –2:30 pm.

Don't "go it alone" in your grief. Join us for a positive approach to bereavement support through helpful interactions with others. See how this support group can help you on your journey back to happiness. Please register with Connie at 508-866-4698 x3.



### Holiday Apron Craft

Wednesday, November 6th at 10:00 am

Using holiday-themed stencils, paint this festive apron to use while preparing Thanksgiving dinner or give as a hostess gift! Please register.



### Carbohydrates - Friend or Enemy?

Presented by Community Home Health Care  
Tuesday, November 19th at 12:30 pm.

### Annual Thanksgiving Turkey Luncheon

Wednesday, November 20th at 11:45 am

Come join us for a delicious meal of turkey, gravy, stuffing, mashed potatoes, peas, butternut squash, cranberry sauce plus rolls & butter, served by the Carver Police who will also provide pies! Plus, drawings for prizes!

**A limited number of dinner tickets at \$5 go on sale starting Monday, November 4th in the Nutrition Center.**



The Friends of the Carver COA

## Holiday Craft Fair

Saturday, December 7th, 9:00 am-1:00 pm

Find unique homemade gifts for everyone on your holiday shopping list! Handmade Jewelry, Knitting /Crocheting, Holiday Decor, Baskets, Candles Home Textiles, Country Crafts and the Friends of the C.O.A. Bake Sale.

**FREE photos with Mr. & Mrs. Claus! Plus activities for the kids!**

**Drawings for Gift Baskets & other items, 6 tickets for \$5 or 15 for \$10!**



#### COUNCIL ON AGING

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

#### COA DIRECTOR

Carole Julius  
Monday-Thursday  
9 AM-12 PM  
**508-866-4698**  
cjulius@sailsinc.org

#### BOARD OF DIRECTORS

Colleen Preston-Chair  
Donna Marie Forand-Vice Chair  
Helen Marrone-Secretary  
Alan Germaine  
Betsy Sullivan

#### FRIENDS OF THE CARVER COA

Ron Clarke  
Vice President  
Madeline Joyce  
Treasurer

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

*Please consider other passengers and limit the number of shopping bags on shopping trips*

## SCHEDULE

**MONDAYS 9AM—2PM** "Around Town" errands

**TUESDAYS & THURSDAYS** Medical Appointments

**WEDNESDAYS** Supermarkets

**WALMART** Plymouth/Wareham - **1st & 3rd**

**AM**

**\*STOP 'N' SHOP** Plymouth - **2nd & 4th AM**

**MARKET BASKET** Plymouth - **Every PM**

*\*4th Wednesday morning destination subject to change.*

**FRIDAYS SHAW'S** Carver - **AM**

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

## Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

## LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

## COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406. Mark will be available at the COA every 4th Tuesday at 10:00 am in the Nutrition Center.

## LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

## FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

## SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** for Town Hall Office Hours or to schedule an appointment.

## WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM – 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution.

For online AA meetings and 24 hr. chat support:

**www.aa-intergroup.org**. For more information: **www.aa.org**.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

**WELCOME WEDNESDAYS** (first Wednesday of each month)

## GATRA MINI-BUS

**Peggy Wood**

*Dispatcher*

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

**Judy Murphy**

*Outreach Worker*

Mon., Tues. & Fri.

9 AM - 2 PM

**508-866-4698 x 2**

## ACTIVITIES

**Connie Kelly**

*Activities Coordinator*

Tues., Wed. & Thurs.

9 AM - 3 PM

**508-866-4698 x 3**

ckelly@sailsinc.org

## NUTRITION CENTER

**Dawn Padovani**

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45

## WEEKLY ACTIVITIES

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Register at **508-866-4698 x3**.

### BACKGAMMON

Fridays at 10:00 AM  
Experienced and novice players are welcome.

### BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

### **NEW INSTRUCTOR! CHAIR YOGA**

with Mary Wilson, Owner of Wild Divinity Yoga Studio. **NEW TIME!**

**Mondays - 9 AM. \$5/class.** Call to register at **508-866-4698 x3**.

**CRIBBAGE** Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3**.

### RUMMIKUB / SKIP BO

Wed.- 12 PM  
New and experienced players for either or both games are welcome.

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any of your questions or concerns and will also collect any expired or unused prescription drugs.

**SINGO** with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

**FOOT CARE CLINIC** 20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for **\$29**. Call for an appointment at **508-866-4698 x3**.

**BASKET WEAVING** with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM.

\$25/2 week

project. Register at **508-866-4698 x3**.

## WHAT'S HAPPENING THIS MONTH

against you!

Please call

**508-866-4698 x3** if you plan to attend.

Thanksgiving Luncheon tickets go on sale in the Nutrition Center starting Monday, November 4th. Tickets must be purchased in person no reservations will be taken.

### "GETTING OLDER & HAVING FUN"

Monday, November 4th at 10:30 am

Presented by Chaplain Ken Hart.

### GRIEF SUPPORT GROUP

Tuesdays, November 5th, 12th

(no meeting 19th), 26th, December

3rd, 10th & 17th from 1:00 - 2:30 pm

Please register with Connie at **508-866-4698 x3**.

### HOLIDAY APRON CRAFT

Wednesday, November 6th at 10:00

Please register with Connie at **508-866-4698 x3**.

### SELECTMAN MARK TOWNSEND OFFICE HOURS

Wednesday, November 6th, 10:00

*Drop in to meet with Mark and discuss any concerns you may have.*



### FREE MOVIE MATINEE - "POMS"

Wednesday, November 13th, 12:00

pm. A comedy about a shy woman who moves to a retirement community hoping to be left alone but a fun-loving neighbor convinces her to form a cheerleading squad with their fellow residents. They soon learn that it's never too late to follow your dreams, even when the odds are stacked

### CARBS - FRIEND OR ENEMY?

Presented by

Registered

Dietitian

Barbara

Canuel of Community Home Care

Tuesday, November 19th, at 12:30

Discover the role carbohydrates play in meal and snack choices in diabetes management. Call Connie at **508-866-4698 x3** if you plan to attend.



### ANNUAL THANKSGIVING TURKEY LUNCHEON

Wednesday, November 20th, 11:45

am. Don't forget, tickets *sell out fast!*

### HOLIDAY POTPOURRI CRAFT

Tuesday, November

26th, 10:00 am

Hand stencil holiday designs on a burlap sack filled with scented potpourri Call Connie at **508-866-4698 x3** to register.



### FREE UKULELE LESSONS

Jim Morrison ukulele lessons on Tuesdays at 5:00 pm at the COA. Anyone interested should call Connie at **508-866-4698 x3**. Start date is still to be determined.

### GET YOUR MONTHLY

### Medicare Open Enrollment October 15th-December 7th

During Medicare Open Enrollment, you can adjust your plan for next year.

Call the SHINE counselor for an appointment today!

*Bring your new Medicare card with you.*

### FOOD PANTRY

**Shane Gives Thanks** - 128 Main St.  
Tues./Thurs/Fri. - 9am-1:30 pm

Sun. - 9am-11 am

Mon./Wed./Sat. - Closed

Home Delivery to homebound residents.

**508-866-7673**

### MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.

Monday - Friday

**Daily Cost: \$3.00**

Call the Nutrition Center at

**508-866-4698 x 4**

### SHINE PROGRAM

**Health Insurance Counseling**

**Maureen Drilling**

Most Tuesdays 9 - 12

Call for an appointment

**508-866-4698 x4**





CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

# NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
						
3	Chair Yoga 9:00 "Growing Older" 10:30  SINGO 12:00 noon	Visiting Nurse 10:00-11:30 <i>Glucose Cholesterol</i>  Baskets 9:30 Grief Support 1:00	Apron Craft 10:00  Rummikub / Skip Bo Acrylic Painting 5:00	Footcare Appts.  BINGO 12:30	Baskets 9:30  Backgammon 10:00	
10		Visiting Nurse 10:00-11:30  Coffee with the Chief 10:30 Grief Support 1:00	Mark Townsend 10:00  "Poms" Movie 12:00 Acrylic Painting 5:00	Atty. Hale Appts.  <u>Lulu Cabaret Payments due!</u> BINGO 12:30		
17	Chair Yoga 9:00	Visiting Nurse 10:00-11:30  Baskets 9:30 Carbs – Friend or Enemy? 12:30	Thanksgiving Luncheon 11:45  Rummikub / Skip Acrylic Painting		Baskets 9:30  Backgammon 10:00	
24	Chair Yoga 9:00	Visiting Nurse V.A. Mark Pineo 10:00  Holiday Craft Grief Support 1:00				
						